



The ASC Reporter

Published Bi-Monthly by the
FRIENDS OF THE ALTADENA SENIOR CENTER
MARCH/APRIL 2008

From our Director: **Claudia J. Curry**

A special thanks to those of you who have renewed your membership. If you haven't, please do so right away. Let's make this a record year.

Save the date for our 26th Annual Spring Festival, April 26th, from 11-2pm.

To those of you who have written to us about how much you enjoy the Center and all of the new activities, as well as our newsletter, it makes us so proud to know that you are enjoying our efforts. Keep those comments coming. We do aim to please.

We are especially interested in our care givers. Here are ten signs of Care Giver Stress. Denial, Anger, Social Withdrawal, Anxiety, Depression, Exhaustion, Sleeplessness, Irritability, Lack of Concentration and Health Problems. If you are experiencing any of these signs, please seek some professional help.

Finally:

"A clear conscience is usually a sign of a bad memory."

— Steven Wright

Spotlight – continued from second column

Now she is a member of the Mother's Board at church, plays cards before her daily lunch, and supports every exciting project of the Altadena Senior Center.

Asked if she had a message for us, she said "Just try to live so that someone, someday, may say to you 'When I grow up, I want to be just like you.'"

Helen is a warm and caring person. We all love her.

In this issue:

Page 2	Up-coming Events, ARA, Movies
Page 3	Calendar
Page 4	Birthdays
Page 5	More Events, Recycled Teenagers



Spotlight on



Helen Nancy Williams

Helen Nancy Williams was born July 2, 1916, in New York, the second of nine children, and the oldest girl, so she became the "apprentice cook", helping her mother and grandmother. She graduated from New York University as a nutritionist, going immediately into a job on Wall Street, where she was nutrition supervisor for Dunn and Bradstreet, until Banker's Trust lured her away to supervise THEIR cafeteria. She found time to serve as "Queen Esther," a very prestigious honor in Eastern Star, while raising a family of five boys and three girls.

Once a young woman told her "When I grow up, I want to be just like you!" It is very awe-inspiring to find yourself a role model. With her family all grown, Helen says "I was just tired, wanted a rest, and decided to retire." She moved to Pasadena to be near a beloved daughter. Before long, most of her family followed her to California. The oldest son, living alone, bought a house on a quiet Altadena street to share with his mother.

Looking for new friends, Helen joined Metropolitan Baptist Church, and discovered the Altadena Senior Center, lunching there every day. When the kitchen supervisor retired, the manager of the Center didn't want anyone else to take over the kitchen but Helen. She did, for the next eight years. At that time a heart attack caused her second retirement, and great sadness at the senior center.

continued in first column